



Red

Apples
Beets
Blood Oranges
Red Cabbage
Cranberries
Cherries
Pomegranates
Radishes
Red Peppers
Raspberries
Strawberries
Tomatoes
Red Grapes

*Red fruits and vegetables support healthy memory function and heart health.



Green

Spinach
Celery
Broccoli
Green Peppers
Brussels Sprouts
Green Beans
Romaine
Collard Greens
Artichokes
Asparagus
Avocado
Kiwi
Zucchini
Honeydew

*Green fruits and vegetables are packed with calcium and vitamin D, which promote healthy bones and teeth.



Blue/Purple

Blueberries
Blackberries
Plums
Eggplant
Purple Carrots
Figs
Purple Grapes
Purple Asparagus
Purple Potatoes
Muscadine Grapes

*Blue and purple fruits and vegetables support healthy aging, memory function, and urinary tract health.



White

Jicama
White Potatoes
Garlic
Ginger
Cauliflower
Mushrooms
Onions
Shallots
Turnips
Brown Pears
White Peaches

*White fruits and vegetables help maintain healthy cholesterol levels.



Yellow/Orange

Apricots
Butternut Squash
Carrots
Grapefruit
Cantaloupe
Lemons
Oranges
Mangoes
Papayas
Summer Squash
Sweet Potatoes
Tangerines

*Yellow and orange vegetables serve as a source of vitamin A, which promotes healthy vision.

EAT A RAINBOW